

# Migizy Odenaw Newsletter

Visit the newsletter is online at [www.eaglevillagefirstnation.ca](http://www.eaglevillagefirstnation.ca) !!



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## EVERYONE IS INVITED TO ATTEND THE ... PARENT / YOUTH AWARENESS SESSIONS WITH LOUISE LOGUE & SGT. KEN DOYLE

On Monday March 8<sup>th</sup> and Tuesday March 9<sup>th</sup> we will be having information sessions with Louise Logue, a *Youth Issues and Trends Consultant* from the Ottawa Police, and Sgt. Ken Doyle, *Ottawa Police Service Robbery Unit*. These sessions will consist of information on the following:

### Parent Session: Monday 7:00 pm - 9:00 pm

This presentation is focused on the latest issues and trends facing our youth today. It will teach the parents, how they can prevent their child from using recreational drugs (ecstasy, GHB, marijuana), how to identify if their child is using, and how to seek treatment. Other topics of discussion include the following:

- Sexual promiscuity & date rape drugs.
- The impacts of bullying and how to intervene using community mobilization strategy.
- Laws relating to parenting youth, and child protection, as a reminder to parents as to what their rights and responsibilities are.
- She will also be showing 2 videos during this session, with a question/answer period.

### Children's Session:

#### Tuesday 10:00 am - 11:00 pm (Ages 9 to 12)

This presentation would sensitize youth to the effects of Bullying and also on how to help a friend to report the hurts related, and prevent future hurts. A video that is age appropriate for elementary youth named *The Silence in Violence* will be showed to stimulate discussion. Other topics of discussion include: how to be ready to say no to drug use and gang behaviors.

#### Tuesday 11:00 am - 1:00 pm (Ages 13 & Up)

This presentation will focus on Date Rape Prevention, Drugs Prevention, and Gangs Prevention. Two-reality videos will also be shown to stimulate discussion: *Chucky & Midget (Gang Story)* and *Erin's Drug Rape & Overdose (Overdose from 1<sup>st</sup> time use)*.

**PLEASE COME AND CHECK OUT THESE SESSIONS,  
AND HAVE A CHANCE OF WINNING SOME GREAT PRIZES!!!!!!**

### ADULTS SESSION 4 BINGO PASSES

1 PAIR OF TORONTO MAPLE LEAF TICKETS

### CHILDREN'S SESSION WITH PIZZA LUNCH 4 GALAXY THEATER GIFT CERTIFICATES

1 CHEAPSKATES GIFT CERTIFICATE (\$250.00 VALUE)

3 NORTHGATE SQUARE GIFT CERTIFICATES (\$75.00/EACH)

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## NEWS FROM COUNCILLOR GAIL JOLY

**Elders Gathering ~ Lac Simon**  
**March 29, 30, 2004**

*I attended a language meeting on Friday, February 27th, 2004 in Lac Simon. Planning for the upcoming elders gathering was our main topic. If you would like to attend the elders gathering please give me a call no later than Friday, March 12th, so that accommodations can be made. Lac Simon is 1/2 hour from Val-d'Or. We will be staying in Val-d'Or.*

A tentative agenda is as follows:

- ◆ A presentation on the various writing systems will be made and hopefully you, the elders can provide guidance as to which writing system the Algonquin Communities should follow.
- ◆ Members from the Repriation Committee have also asked if they can come and give a final presentation; therefore, we have allowed time for this.
- ◆ We will also provide a summary of last year's gathering.
- ◆ We will hear from a linguist.

Workshops on various topics. Last year we ran out of time during the workshops and this year we will ask the elders to elaborate on topics such as:

- ◆ **History and Origins**-that is, each Algonquin Community has a history and reasons for which each community exists where it is today. Our history represents our cultural evolution.
- ◆ **Cultural Activities and Gatherings**: Certain times were set aside for socialization among clans. Marriages, welcoming of children ceremonies, were performed as well as other ceremonies and general exchange of information. These cultural activities reinforced our values and allowed individuals to take pride in belonging to a family, clan and to a Nation. **For discussion**: Do any cultural (traditional) activities still occur in your Community? if so, which ones? Do present activities adequately express our values? What teachings are transmitted to the children in the practice of those activities? What are we teaching our children by the absence of those activities?
- ◆ **Natural Resources and Conversation** that is, Fundamental values determined the conversation and use of Natural Resources. Since our survival depended on these natural resources, the use and conservation was the responsibility of each individual and collective conscience. A code of honor was established by which everyone knew his place in the Circle of dependence and manifested this knowledge physically and spiritually. **For discussion**: What present day rules are being transmitted concerning the use of Natural Resources? Are these teachings in keeping with our values? What were some of the techniques used by our ancestors to conserve plant and animal life? What were some of the rituals performed to show our spiritual attachment to these resources?

*These are some of the topics for discussion. We encourage you to tell stories and your recollections. We further encourage the use of the Algonquin language so we can bank what is said. If you cannot attend this gathering and you are interested in replying to these topics, please contact me and I will provide you with a complete list for discussion, as we would appreciate your comments.*

## EAGLE VILLAGE POLICE DEPARTMENT

**627-9624 EMERGENCY (24 hrs /7 days a week)**  
**627-8229 ADMINISTRATION (8:30 am to 4:30 pm, Monday to Friday)**

### Incident Report

*In the month of March 2004, the Eagle Village Police Department responded to the following incidents:*

- 04-02-05 Fire Call, Tee Lake, dossier closed
- 04-02-05 Dog Complaint, Owner notified to tie dog
- 04-02-13 Driving While Impaired, Driver passed breathalyzer test at Temiscaming SQ Station, dossier closed, no charges laid
- 04-02-15 Humanitarian Service, Human Death, (SIDS)
- 04-02-16 Assist SQ 147, Escort to meet community member, dossier closed
- 04-02-17 Eviction of Intoxicated Person, Individual cooperative, dossier closed
- 04-02-19 Unlawfully Being in Dwelling, Individual questioned, owner complainant provides police with statement, dossier closed
- 04-02-26 Theft - \$5000.00, Snowmobile found, owner does not wish to press charges, dossier closed
- 04-02-29 Failure to Stop at Scene of Accident, Dossier under investigation, please inform police if you witnessed this accident, Officer Tebiscon investigating.

### Reminders

***Band-By Law concerning Nuisances and Noise in the Community of Eagle Village has been in effect since the 17<sup>th</sup> day of September 2002 and is enforceable by the Eagle Village Police Department. A copy of this By-Law can be obtained from the Band Office or the Eagle Village Police Department.***

### WHY MUST YOU AVOID DRIVING AFTER HAVING DRUNK ALCOHOL?

***You already know the answer:*** not only may your license be withdrawn, but also the risk of dying or being severely injured in a road accident is a lot higher if you drink and drive. In Quebec, around 40% of fatal accidents are alcohol-related, as are 25% of mishaps causing injuries. Alcohol-impaired driving remains the prime cause of road accidents. Over the past several years, thousands of human lives could have been saved if someone, somewhere, had refrained from taking the wheel after drinking. It's up to each person who decides to drink, to provide for an alternative to driving. **DRINKING OR DRIVING ... THERE IS ONLY ONE CHOICE !!**

### SPEEDING

Obeying the speed limit is no minor matter. More than a fine and demerit points are at stake. A widespread myth holds that a good driver at the controls of a "responsive" vehicle can go faster without increasing the likelihood of having an accident, yet even a very skilled driver with an excellent vehicle cannot escape physical laws. The undeniable fact is that the incidence and severity of accidents increase with travel speed.

### FACTS THAT SPEAK FOR THEMSELVES

- Only one passenger vehicle driver in three obeys the speed limit.
- Speed is the primary factor in 23% of fatal accidents, in 19% of the serious injury accidents and 13% of accidents resulting in slight injuries, making it the second cause of mishaps, after drunk driving.
- Speeding causes 200 deaths in addition to injuring six thousand people every year.

*(Information from ... Societe de l'assurance automobile du Quebec)*

**THE PRESENTATION ON POLICE ETHICS AND THE COMPLAINT PROCESS  
THAT WAS TO BE HELD IN JANUARY HAS BEEN RESCHEDULED FOR ...**

**WEDNESDAY MARCH 17TH, 2004 AT THE EAGLE VILLAGE COMMUNITY HALL**

**MORE INFORMATION WILL BE AVAILABLE AT A LATER DATE**

## EAGLE VILLAGE FIRE DEPARTMENT

### MAKE MEAL TIME ... A SAFE TIME

Can you believe that more fires begin in the kitchen than any other room in the house? It's true. The majority of kitchen fires begin with your cooking equipment.

#### STOVE FIRES:

Keep pot handles turned toward the back of the stove and never leave food cooking unattended. Avoid loose clothing as it can brush heating elements and easily catch fire.

- ◆ If a grease fire starts in a pan, put on an oven mitt and smother the flames by carefully sliding a lid over the pan. You can also pour baking soda on the flames.
- ◆ Never pour water on a grease fire and never discharge a fire extinguisher on a grease fire.

#### OVEN FIRES:

Keep your oven clean because built-up grease and food particles are easily ignited. Keep combustibles (i.e. dish towels, newspaper, grocery bags) away from the oven and all appliances.

Should an oven fire start, turn off the heat and keep the door closed to prevent flames from burning you and your clothing.



#### MICROWAVE FIRES:

Microwave ovens are fairly safe appliances, but if you accidentally place a twist-tie or other piece of metal inside, "fire" may occur. Ensure your microwave is in good working condition and always follow the cooking instructions.

- ◆ In case of a fire, unplug the appliance and do not open the microwave door until the flames are out.
- ◆ Make sure to have the microwave serviced before you use it again.



#### FIRE! Now what?

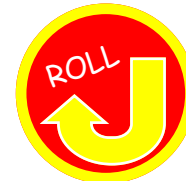
Teach your children to dial 911 (or the number of your local fire station - 627-9624) Stop, Drop, and Roll - get your whole family to practice. This move is a life-saver if your clothes ever catch on fire. One at a time, have your family PRETEND their clothes are on fire and then:



Get them to stop where they are, and stop what they are doing. DON'T RUN!



Get them to drop to the floor as quickly as possible.



Have them cover their face with their hands, then roll over and over until the "flames" are out.

**It's very important to know what to do should a fire occur. More important still is the prevention of a fire before it starts.**

*DURACELL/Canadian Association of Fire Chiefs*

**THE FOLLOWING ARTICLE WAS SENT TO US BY DAVID BAKER OF ALDERVILLE FIRST NATION. HE HAS ASKED ALL FIRST NATIONS TO INCLUDE THIS IN THEIR NEWSLETTERS WITH THE HOPE OF REACHING ALL FIRST NATIONS PEOPLE ....**

***How Bill C31 may be indirectly contributing to the diminishing First Nation population***

**Problem:**

Due to the current First Nation laws in Canada many members are prevented from passing on their status rights to their children if their marriage is to a non-member. A recent study conducted in Alderville First Nation revealed that 80% of Alderville First Nation's members marry to individuals with no native ancestry. According to the same study conducted on the population of Alderville, the results indicate that by 2032 the remaining status Indian children will be born in Alderville but there won't be enough to continue the flow of new members. This pattern is likely to be repeated in many other bands, which are now small in number. The study of this community, in Alderville, is just an example of one community that will suffer if we don't take action now. To prevent a downward trend in First Nation's membership, something needs to be put in place, which will facilitate more status members choosing relationships with other status members. The scope of the problem evolves from the current relationship patterns of natives. In several reserves there is an increase in marriage of natives to non-natives because the communities are small. There are also a high number of people who are related to one another.

***How to raise the population of First Nation members while Bill C31 is still in effect***

**Solution:**

One creative person has been working on this new secret website project since early summer of 2003. David Baker from Alderville First Nation has created the first "Native Dating Website" exclusive to people with aboriginal ancestry across Canada and USA. The new website is intended to be a central anonymous portal for single status Indians interested in seeking relationships with other status Indians across North America. The website titled "First Nations Dating Network" is being officially launched this month and its free to join now. Text chat and message forums have just been installed. A fully functional voice chat is already in place and temporarily free to try. Additional branded voice and video chat rooms will be installed as the membership increases in number.

In order to give our people a chance to access this site, David is offering free membership with full access privileges for a limited time. This will be only offered to the first 1000 people who join. If you are fortunate to be one of those people you will be in a great position for finding your true love. You can register today at:

**<http://www.firstnationsdating.com>**

Also included on this website ... Aboriginal Cultural Resource Directory  
 Aboriginal Art - Aboriginal Media Resource - Aboriginal Music - Aboriginal Services  
 Aboriginal Women - American Indians - Chiefs and Tribal Councils  
 First Nations Friendship Centers - Indian Artifacts - Miscellaneous Aboriginal Resources  
 North American Indians

**EAGLE VILLAGE  
EDUCATION DEPARTMENT**

**REMINDERS**

**FAMILY MEAL & WORKSHOP  
TUESDAY MARCH 9TH, 2004  
EAGLE VILLAGE COMMUNITY HALL**

The Education Department will be having a parent and child evening. This is sponsored through the FNEC organization to encourage parent involvement in schools. Come and enjoy a Spaghetti Supper from 5:00 pm to 6:30 pm. Then please stay and listen to our guest speaker Mr. Donald DesRosiers from 6:30 pm to 7:30 pm who will entertain us and offer different strategies in helping parents deal with education today, as well as the importance of parent interaction and how parents can make time to spend with there families.

**Prizes to be won.  
Hope to see you there.**

**ATTENTION ALL NEW  
POST-SECONDARY STUDENTS ...  
IF YOU ARE GOING TO COLLEGE OR  
UNIVERSITY NEXT YEAR  
PLEASE CONTACT  
GLENDA (EDUCATION OFFICER)  
AT THE BAND OFFICE  
1-819-627-9789  
1-888-229-3224 (Toll Free)  
TO HAVE YOUR  
FUNDING APPICATIONS SENT TO YOU**

**COMMUNITY  
NOTES & INFORMATION**



*Thank You*

*A special Thank You to the  
Community of Eagle Village-Kipawa  
for the generosity, love and support  
that was given to us after the loss of  
our precious angel*

*~ Jenna Monette Jawbone ~*

*Thank you to all the people who donated  
food, money and their time to host the funeral  
luncheon. Your work was greatly appreciated.*

*With scincere gratitiude the  
Monette, Jawbone and McLaughlin Families*



**CONGRATULATIONS**

**A special congratulations to  
CORINNA DEPOTIER  
Who started her new job on  
Monday March 1st, 2004  
in Toronto, Ontario  
as the  
“Assistant to the Director of  
Corporate Services  
Indian Affairs Ontario Region”  
Best of luck in your new posi-  
tion !!**

## NEWS AND INFORMATION FROM THE HEALTH DIRECTOR

### Health Plan

After discussing with Chief & Council on the importance of having a solid document to present to Health Canada, we have concluded that an extra 3 month extension would be preferred in order to make sure that all planning and financial elements are considered.

### Consent Forms

Simple reminder, there is no need to sign any consent form in order to receive non-insured health benefits from Health Canada.

### Program Activities Evaluation

In case you are wondering? Lately at the end of most health related program activities, you have been or will be asked to fill out a brief evaluation of what the activity you have just participated in. The reasoning for this is that we are continuously thriving to provide you, our community members, both young and old, with up-to-date activities that respond to your needs.

### Employment Opportunity

#### **1 Part Time - Medical Transportation Driver**

**DUTIES:** Under the supervision of the Health Director, the incumbent will: drive band members to and from their designated medical appointment; provide secure and punctual medical transportation; ensure that the vehicle is, at all times, clean and in good mechanical condition; assist clients to and from the vehicle to their appointment place when required; perform other related duties.

**PLACE OF WORK:** Eagle Village and Surrounding Area.

**REQUIREMENTS:** Valid Quebec Taxi Driver Permit Class 4c.  
Clean driving record with no permit suspension.  
Known as a safe and courteous driver.  
Basic First aid & C.P.R. or willing to take it.  
Good communications skills in English is essential, bilingualism (English/French) would be an asset.

**DURATION:** For one year with possibility of renewal.

**SALARY:** Salary and working conditions to be discussed with the Health Director.

Send your resume by mail or by fax specifying "MEDICAL TRANSPORTATION", before 4:30 p.m. On March 12<sup>th</sup>, 2004 to:

Eagle Village First Nation - Kipawa  
c/o David McLaren  
P.O. Box 756  
Temiscaming, QC J0Z 3R0

## MENTAL HEALTH & WELLNESS

Just a reminder that practices for the "Smoking Awareness Play" will be posted on the school bus weekly. Vicky and I will be sharing evenings to rehearse with the children, and in doing this we are able to cover more time to spend preparing them, and it is much more convenient for those who are in hockey, figure skating etc.

This play will be introduced to all the parents, grand-parents, friends and anyone else who would like to come out to the Community Hall to watch the great talent of our local young actors and actresses.

The tentative date is late March, early April and will be followed by a community meal. Please encourage your child/children to come out and be part of this fun, educational and entertaining activity. Also if anyone interested in volunteering their time to help us out they are more than welcomed to do so.

#### **NOTE:**

During March Break the practices will be Wednesday March 3rd and Thursday March 4th at 7:00 pm at the Youth Centre.

?? ? ? ? ? ? ? ? ? ? ?

Did you know ...

Long ago people living with arthritic pain, would be told to carry a small potato on them (in their pockets close to their body), to help relieve aches, pain and stiffness.

?? ? ? ? ? ? ? ? ? ? ?

## HIV/AIDS CROSSWORD PUZZLE

This crossword puzzle contains facts and information about HIV/AIDS.

When this puzzle is complete please drop it off, fax or mail it to the Health Centre before Friday March 26th, 2004 at 4:00 pm (Address/contact numbers are on the cover of the newsletter).

If your crossword puzzle is correct your name entered for free participation draws.

### ACROSS:

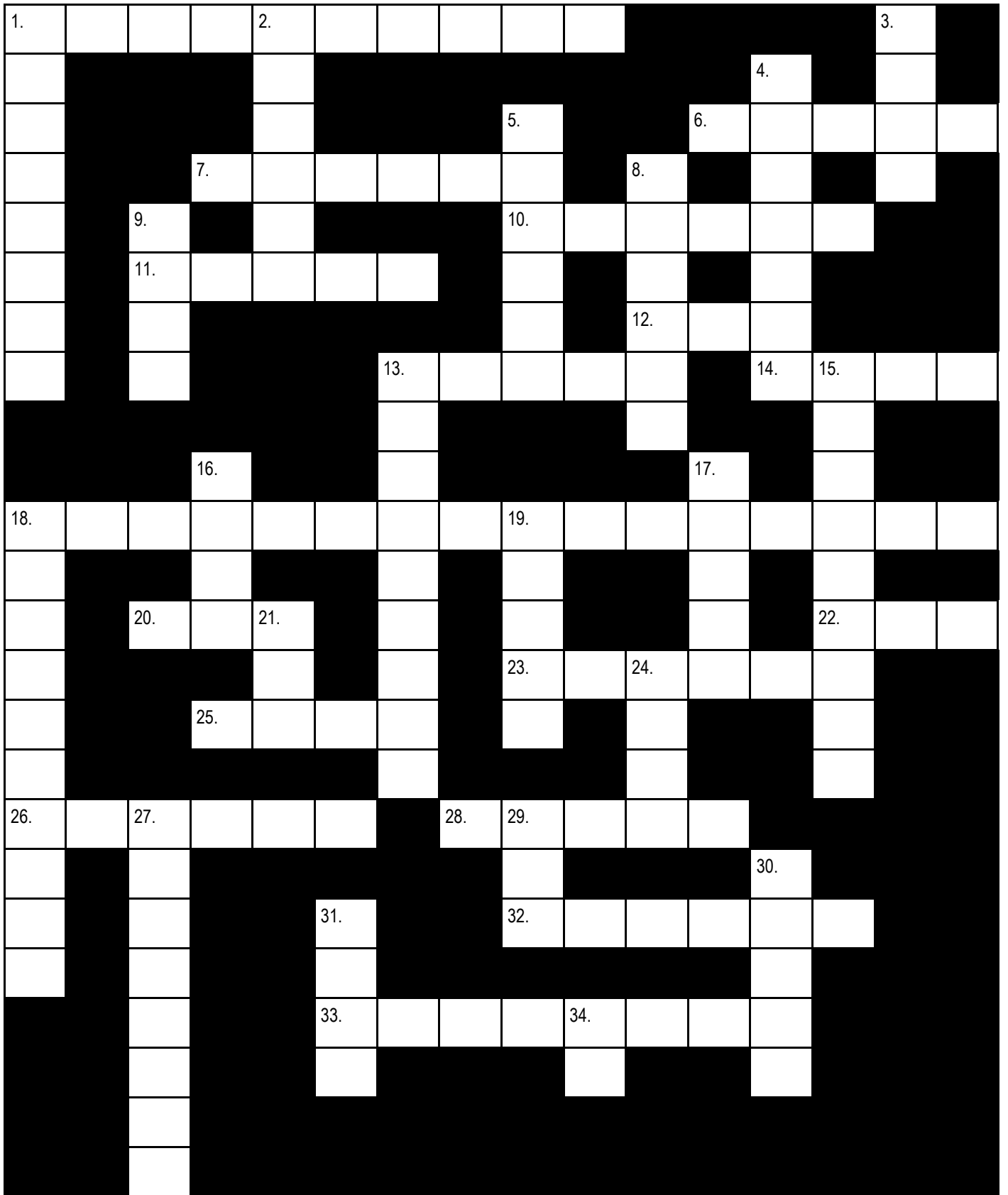
1. If you have HIV, your body will make \_\_\_\_\_ to fight it.
6. You cannot get AIDS from a \_\_\_\_\_ or a sneeze.
7. You can get HIV if you use an infected needle to get a \_\_\_\_\_.
10. You can get HIV if you share a \_\_\_\_\_ to inject drugs.
11. You can't get HIV from drinking out of a \_\_\_\_\_ fountain.
12. You can't get HIV from everyday contact such as talking or \_\_\_\_\_ing with someone who is infected with HIV.
13. The "H" in HIV stands for \_\_\_\_\_.
14. When infected with HIV, the person may not look or feel \_\_\_\_\_ for years, but they can still infect others.
18. The "I" in HIV stands for \_\_\_\_\_.
20. You can support AIDS awareness by wearing a \_\_\_\_\_ ribbon.
22. It can take \_\_\_\_\_ months after you get infected before the antibodies show up in a blood test.
23. You can't get infected with HIV by receiving \_\_\_\_\_ from someone who is.
25. Overtime, the immune system of someone who's infected with HIV will become \_\_\_\_\_.
26. You can't get HIV from an animal or an \_\_\_\_\_.
28. You should always use a \_\_\_\_\_ condom.
32. You can be infected with HIV no matter your \_\_\_\_\_ origin.
33. A woman with HIV can pass it to her baby when she is \_\_\_\_\_.

### DOWN:

1. The "A" is AIDS stands for \_\_\_\_\_.
2. A mother with HIV can pass it to her baby when she \_\_\_\_\_ feeds.
3. You can't get HIV by receiving \_\_\_\_\_ and kisses.
4. You can't get HIV from the seats of \_\_\_\_\_.
5. The HIV virus can get into your bloodstream if you have sex with someone who has HIV without using a \_\_\_\_\_.
8. If left untreated, HIV will cause your immune system to no longer be able to \_\_\_\_\_ your body from diseases.
9. You can't get HIV if you \_\_\_\_\_ in the same pool with someone who is infected.
13. You can't get HIV through touching or a \_\_\_\_\_.
15. When infected with HIV, your immune system can't fight many different \_\_\_\_\_.
16. There is no \_\_\_\_\_ for HIV infection.
17. The "V" in HIV stands for \_\_\_\_\_.
18. Someone with AIDS will often be sick with different \_\_\_\_\_ which can kill.
19. You can't get HIV by sharing different utensils such as \_\_\_\_\_ or spoons.
21. When someone has AIDS, they will eventually \_\_\_\_\_ from it.
24. You can still have sex with little or no risk of getting HIV by practicing \_\_\_\_\_ sex.
27. The "S" in AIDS stands for \_\_\_\_\_.
29. Children and adults can be infected by HIV regardless of their \_\_\_\_\_.
30. A woman with HIV can pass it to her baby while giving \_\_\_\_\_.
31. You can't get HIV by drinking from the same \_\_\_\_\_ or glasses.
34. Can drugs get rid of HIV or cure AIDS? \_\_\_\_\_.

There are pamphlets available at the Health Centre if you need help ... You can also check for information on the Internet !!

MIGIZY ODENAW NEWSLETTER



Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

# BABY'S FIRST FOODS

## When should you start to give solid foods?

When your baby is ready, which is usually around 4 to 6 months of age. Babies should be sitting up with some support, able to open their mouth when they see food coming, and able to move the soft food from the front of the tongue to the back of the mouth to swallow. If you wait until your baby can do these things, the baby will feel more confident about learning to eat and will give you signals about hunger, fullness, likes, and dislikes by turning his or her head.

Babies who start to eat solid foods too early have more of a chance of developing food allergies. Before 4 to 6 months, a baby's tongue thrusts food out rather than moving it back in the mouth to swallow.

## What to start with:

- ◆ Begin with iron-fortified, single grain, commercial infant cereals.
- ◆ Later add well-mashed plain vegetables and fruit, with no added sugar, salt, or fat.

## How to start:

- ◆ Offer one new food at a time.
- ◆ Wait at least 3 days before giving your baby another new food.

## How much does baby need?

Babies will shut their mouths, turn their heads, and push food away when they have had enough to eat. Watch for these signs when feeding.

## What about cow's milk?

- ◆ Breast milk is the best milk for your baby. Commercial formula is the next best.

## What about cow's milk?

- ◆ Breast milk is the best milk for your baby. Commercial formula is the next best.
- ◆ Wait until your baby is at least 9 to 12 months old and eating regular meals of family foods before offering drinks of whole milk once in a while.
- ◆ Choose whole (homogenized) milk.
- ◆ Babies need more fat than adults, so use whole milk until age 2.

## Tips for happy mealtimes:

To help your baby develop healthy food habits and happy, relaxed feelings about eating:

- ◆ Offer food at regular times.
- ◆ Let your baby decide how much and whether to eat. (You choose when and what food will be offered.)
- ◆ Remember that messiness is a normal part of learning to eat.
- ◆ Offer finger foods and foods with some more texture between 6 and 9 months. They allow your baby to develop important feeding skills.

## Safety tips:

- ◆ Honey could cause infant botulism and is not recommended for infants under one year.
- ◆ Some foods can cause choking, such as: popcorn, seeds, nuts, hard or chewy candies, and hard, raw vegetables. Wieners and grapes should be sliced lengthwise. Always be with your baby while he or she is eating.
- ◆ When buying pre-packaged baby food, select only undamaged containers. Glass jars must not be cracked; however make sure the safety button on the lid is down.

If you would like to have an eye examination Dr. Peroff and Dr. Leckie will be at the Health Centre on April 5th and 6th, 2004.

To book an appointment please call Cecile 627-9060, you will need to give her your Medical Card number and your date of birth.



# The NNADAP Corner

If you or someone you know is an older smoker, you may think that there is no point in quitting now. Think again. By quitting smoking now, you will feel more in control and have fewer coughs and colds. On the other hand, with every cigarette you smoke, you increase your chances of having a heart attack, a stroke, or cancer. Need to think about this more? Take this older smokers' I.Q. quiz. Just answer "true" or "false" to each statement below.

True <input type="checkbox"/>	False <input type="checkbox"/>	If you have smoked for most of your life, it's not worth stopping now.
True <input type="checkbox"/>	False <input type="checkbox"/>	Older smokers who try to quit are more likely to stay off cigarettes.
True <input type="checkbox"/>	False <input type="checkbox"/>	Smokers get tired and short of breath more easily than non-smokers the same age.
True <input type="checkbox"/>	False <input type="checkbox"/>	Smoking is a major risk factor for heart and stroke among adults 60 years of age and older.
True <input type="checkbox"/>	False <input type="checkbox"/>	Quitting smoking can help those smokers who have already had a heart attack.
True <input type="checkbox"/>	False <input type="checkbox"/>	Most older smokers don't want to stop smoking.
True <input type="checkbox"/>	False <input type="checkbox"/>	An older smoker is more likely to smoke more cigarettes than a younger smoker.
True <input type="checkbox"/>	False <input type="checkbox"/>	Someone who has smoked for 30 to 40 years probably won't be able to quit smoking.
True <input type="checkbox"/>	False <input type="checkbox"/>	Very few older adults are smoking cigarettes.
True <input type="checkbox"/>	False <input type="checkbox"/>	Lifelong smokers are more likely to die of diseases such as emphysema and bronchitis than non-smokers.

**ANSWERS ON PAGE 14**

I would like to congratulate all the winners of the Adult/Youth Cribbage Tournament ...

"A CLASS" - Kim Constant & Tiffany Mitchell

"B CLASS" - Marvin McKenzie & Justin McKenzie

"C CLASS" - Lois Hunter & Shelly Grandlouis

The runners-up for A Class were Mark McKenzie & Derrick McKenzie



Thank You to everyone who came out and supported this event !!

### Upcoming NNADAP Activities

**Youth Issues and Trends Workshop**  
with Louise Logue (Ottawa Carleton Police)  
March 8th & 9th

**St. Patrick's Day Dry Dance**  
March 12th, 2004

**Youth Easter Dance**  
April, 2004

A designated driver helps friends and family ...

- avoid embarrassment
- keep their drivers licenses
- avoid fines
- stay out of jail
- Prevent senseless injury and death



## March is Kidney Month Kidney Disease ... Are you at risk?

Medical experts estimate that up to 75% of diseases can be prevented or significantly reduced through healthy living. In fact, making healthier lifestyle choices can largely prevent the two leading causes of kidney disease, which are diabetes and high blood pressure.

You can build a healthier life by:

- ◆ Making healthy food choices
- ◆ Exercising adequately
- ◆ Controlling your weight
- ◆ Not smoking
- ◆ Having a regular check-up
- ◆ Emphasizing safety in the home, at work, driving and during leisure activities.

Ultimately, people of any age can benefit from simple changes that enhance wellness and decrease the chances of being affected by chronic conditions such as diabetes, high blood pressure or kidney disease.

Kidney disease can strike anyone at any age. It is estimated that 1.9 million Canadians have chronic kidney disease and that most don't know it because it progresses silently, often destroying most of the kidney function before causing any symptoms. Each day, an average of 12 Canadians learns that their kidneys have failed. If kidney failure is not treated, people die within days or weeks.

Common warning signs of kidney disease include:

- ◆ High blood pressure
- ◆ Puffiness of the eyes, hands and feet
- ◆ Passage of bloody, cloudy or tea-colored urine
- ◆ Presence of protein in the urine
- ◆ Excessive foaming of the urine
- ◆ Frequent passing of urine during the night
- ◆ Passing less urine or difficulty passing urine
- ◆ Fatigue
- ◆ Loss of appetite or weight
- ◆ Persistent generalized itching

People at high risk of developing kidney disease should be evaluated regularly. These people include diabetics, people with high blood pressure and close relatives of people with hereditary kidney disease.

## NEWS FROM PATTY

### COURSE UPDATES

#### ST. JOHN AMBULANCE BABYSITTING COURSE

(FOR YOUTH 11 YEARS OF AGE & OLDER)

WHEN: Saturday March 27th, 2004

WHERE: Eagle Village Community Hall

TIME: 9:00 am - 4:30 pm

COST: \$10.00

Participants are asked to bring a doll or stuffed animal large enough to perform hands on tasks for the course.

A lunch and two healthy snacks will be served to all participants. If your son/daughter prefers to bring their own lunch they are allowed or if your child has any allergies, please provide a lunch for them.

If you would like more information or if you would like to register please call the Band Office 627-3455 and ask for Patty. The deadline for registration is March 12th, 2004

#### ST. JOHN AMBULANCE FIRST AID AND CPR COURSE

THE COURSE HAS BEEN CHANGED FROM ...

SATURDAY MARCH 27th & SUNDAY MARCH 28th TO  
SATURDAY APRIL 17th & SUNDAY APRIL 18th

8:30 am - 4:30 pm (BOTH DAYS)

EAGLE VILLAGE COMMUNITY HALL

If you would like to have more information or if you would like to register please call Patty at the Eagle Village Band Office (627-3455).

## SPORTS &amp; LEISURE

Stretching before and after exercising

...

Is it important?



Stretching promotes flexibility, which is an important part of overall fitness. Good muscle flexibility improves agility and also reduces the risk of injury to muscles, tendons and ligaments. Stretching is an excellent activity to do before and after a workout.



Stretching is not just for ballet dancers and athletes. Anyone, regardless of age, can improve flexibility by stretching. People who get little exercise need the relief from muscle tension and stiffness that stretching provides.

There is a proper way to stretch. Ballistic stretching can do more harm than good. In this type of activity, you stretch to the limit, doing quick, repetitive, bouncing movements. Ballistic stretching actually shortens the muscles and increases the risk of muscle tears, soreness and injury. Instead, do static stretches, which are slow and gentle, not sudden and drastic. You do a static stretch by stretching a muscle as far as it will go until you feel resistance and then holding that position.

Here are some general guidelines for stretching:

- ◆ Try to stretch 3 or 4 times a week to maintain flexibility.
- ◆ Before you stretch, warm up for at least five minutes with an activity such as jogging in place. This increases blood flow and raises muscle temperature, both important for muscle elasticity. Stretching while muscles are cold may cause strains or tears
- ◆ Stretch within an hour before exercising or playing a sport.
- ◆ Stretch after exercising, as well, to prevent muscles from tightening up and becoming sore. Pay special attention to stretching calf, groin, thigh, hamstring and back muscles, which are the most likely muscles to be strained during exercise.



## ENVIRONMENTAL HEALTH

This month I am not going to write about water. As my title is the Environmental Health Officer I have decided to include topics that concern our environment. Seeing that most of us have camps that use propane appliances I have found an article that touches on the dangers of carbon monoxide poisoning.

### THE INVISIBLE THREAT: CARBON MONOXIDE GAS

Running a forklift, generator or propane heater in a closed space can be dangerous, even fatal. Lethal levels of carbon monoxide gas (CO) can accumulate in as little as 10 minutes in a closed garage or barn.

Carbon monoxide is a colourless, odorless, tasteless gas produced by the incomplete burning of any material containing carbon, such as **propane**, gasoline, oil, natural gas, coal or wood. When inhaled, CO interferes with the blood's ability to carry oxygen to the brain, heart and other organs.

The most common source of CO is the internal combustion engine, such as that of an automobile, tractor, forklift or generator. Heating systems, **improperly vented gas appliances (ex. fridge and stove)**, kerosene or propane space heaters, charcoal grills or hibachis, and Sterno-type fuels are also common sources of CO gas.

The first symptom of CO poisoning is usually a headache with throbbing temples. Other initial symptoms are tiredness and shortness of breath, tightness across the forehead, flushed skin and slightly impaired motor skills.

As the CO level or exposure time increases, symptoms become more severe: irritability, chest pain, fatigue, diminished judgment, dizziness and dimness of vision. Still higher levels cause fainting upon exertion, marked confusion and collapse. If exposure continues, coma, convulsion and death from respiratory arrest can result.

A few simple measures can significantly reduce the risk of CO poisoning.

- ◆ Regularly tune and maintain all engines to reduce incomplete fuel combustion and CO gas production.
- ◆ Ensure adequate ventilation for any machine capable of producing CO gas.
- ◆ **Install CO monitors.** A hardware store, safety supply outlet, gas company, fire department or health department can provide more information about these devices.

**Answers for the quiz on page 11 ...**

1. The correct answer is FALSE. Nonsense! You have every reason to quit now and quit for good, even if you have been smoking for years. Stopping smoking will help you live longer and feel better. You will reduce your risk of heart attack, stroke and cancer; improve blood flow and lung function; and help stop diseases like emphysema and bronchitis from getting worse.
2. The correct answer is TRUE. Once they quit, older smokers are for more likely than younger smokers to stay away from cigarettes. Older smokers know more about both the short and long term health benefits of quitting.
3. The correct answer is TRUE. Smokers, especially those over 50 years old, are more likely to get tired, feel short of breath, and cough more often. These symptoms can signal the start of bronchitis or emphysema, both of which are suffered more often by older smokers. Stopping smoking will help reduce these symptoms.
4. The correct answer is TRUE. Smoking is a major risk factor for four to five leading causes of death including heart disease, stroke, cancer and lung diseases. For adults 60 and over, smoking is a major risk factor for 6 of the top 14 causes of death. Older male smokers are nearly twice as likely to die from stroke as older men who do not smoke. Cigarette smokers of any age have a 70% greater heart disease death rate than do non-smokers.
5. The correct answer is TRUE. The good news is that stopping smoking does help people who have suffered a heart attack. In fact their chances of having another heart attack are smaller. In some cases, ex-smokers can cut their risk of another heart attack by half or more.
6. The correct answer is FALSE. Most smokers would prefer to quit. In a recent study 65% of older smokers said they would like to stop. What keeps them from quitting? They are afraid of being irritable, nervous and tense, others are concerned about cravings for cigarettes. Most don't want to gain weight. Many think it's to late ... it won't help now but it is never to late.
7. The correct answer is TRUE. Older smokers usually smoke more cigarettes than younger people. Plus, older smokers are more likely to smoke high nicotine brands.
8. The correct answer is FALSE. You may surprised to learn that older smokers are more likely to succeed at quitting smoking. This is more true if they are already experiencing long term smoking related symptoms such as shortness of breath, coughing or chest pains. Older smokers want to avoid further health problems, rid of the smell of cigarettes and save money.
9. The correct answer is FALSE. One out of five adults age 50 or older smokes cigarettes.
10. The correct answer is TRUE. Smoking greatly increases the risk of dying from diseases like emphysema and bronchitis. In fact over 80% of all deaths from these two diseases are directly due to smoking. The risk of dying from lung cancer is also a lot higher for smokers than non-smokers: 22 times higher for males and 12 times higher for females.

**Talk to your doctor or nurse  
about the benefits of quitting smoking.**

**Healthy Recipe****BAKED CAJUN CHICKEN****Ingredients:**

- 1 1/2 to 2 pounds split chicken breasts
- Non-stick cooking spray
- 2 tbsp of non fat milk
- 1/2 tsp of dried thyme, crushed
- 1/4 tsp of garlic salt
- 1/8 tsp ground white pepper
- 2 tbsp of onion powder
- 1/8 tsp of crushed red pepper
- 1/8 tsp of ground black pepper

***Preheat oven at 375°***

1. Rinse chicken, pat dry. Cut off the skin and discard.
2. Spray a 13" x 9" baking dish with non-stick cooking spray.
3. Arrange the chicken in the baking dish, meat side up.
4. Brush chicken lightly with the milk.
5. In a small bowl mix the onion powder, thyme, garlic salt, white pepper, red pepper and black pepper.
6. Sprinkle over chicken.
7. Bake chicken for 45 minutes or until the chicken is cooked through.

**Nutritional Analysis**

166 calories  
6 gm fat  
0 carbohydrates  
25 gm protein



**From:  
[www.diabeticgourmet.com](http://www.diabeticgourmet.com)**

# Looking for something to do ...

## ST. PATRICK'S DAY DRY DANCE

Presented by NNADAP

Friday March 12th, 2004

Doors open at 7:30 pm

8:00 pm - 12:00 am

Eagle Village Community Hall

Admission - \$5.00

### MUSIC BY:

Omer & Friends

Old Time Fiddling & Country Music Band

### CONTEST

St. Patrick's Hat Contest

Dress up your favorite old hat for the contest!

DOOR PRIZE / SPOT DANCES / SQUARE DANCES

Come out and celebrate

St. Patrick's Day

with some old time fiddling & friends !!

Hope to see you there !!



If you are interested ...

Map & Compass Course

March 16th & 18th

7:00 pm - 10:00 pm

GPS Course

March 23rd & 25th

7:00 pm - 10:00 pm

Courses will be held at the  
Wolf Lake Band Office.

For more info or to submit your  
name contact Tina 627-9060.

## Eagle Village Elder's

If you are interested in taking  
a trip to the

Temiskaming Long Term Care Centre  
(Notre Dame du Nord)

to visit family & friends while enjoying  
a Spring Feast with Entertainment  
on Sunday March 21st, 2004 ...  
please call Virginia at the Health Centre  
627-9060

Your transportation and meals  
will be provided !!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pascale Glenda Joan are on holidays this week.	1	2	3 David is in Montreal for a Transfer/Medical Transportation Meeting	4	5	6
7 Cecile Claudette Vicky are on holidays this week.	8 NNADAP Workshop (Adults)	9 NNADAP Workshop (Kids) Education Workshop Community Hall	10 Dr. Brock is at the Health Centre today. Karate 6:00 pm - 7:00 pm	11	12 NNADAP St. Patrick's Day Dance Glenda is at a meeting at Nipissing University today	13 Snowmobile Rally
14 Terry is on holidays this week.	15 Pascale is in Quebec City Training (March 15th - 18th) Glenda is at a meeting at Canadore College	16 David is in Montreal for a Regional Health Director's Meeting (March 16th - 18th) Karate 6:00 pm - 7:00 pm	17 Police Presentation Arlene is in Montreal for a Regional Meeting (March 16th - 18th) Karate 5:00 pm - 6:00 pm	18 Dr. Zivkovic is at the Health Centre today.	19	20 Kid's Day
21 Cecile is on holidays this week.	22	23	24	25	26	27 Babysitting Course
28 Tina is on holidays this week.	29 Gail Joly is in Lae Simon for the Elder's Gathering (March 28th - 30th)	30	31 Dr. Gurekas is at the Health Centre today.	<p style="text-align: center;"><b>March 2004</b></p> <p style="text-align: center;">Doctors coming to the Health Centre in April ...            Dr. Brock - April 7th            Dr. Zivkovic - April 21st            Dr. Gurekas - April 27th</p>		